

2001 California Dietary Practices Survey

Table 14: Percent of Adults Eating 2 or Fewer Servings of Fruits and Vegetables, Trends 1997-2001 (Low Consumption Carrying Highest Chronic Disease Risks)

Question: Did you have any fruit, vegetables, salad, or juice yesterday?

	Percent Eating Less Than 2 Servings of Fruits or Vegetables			Change of Percentage	
	1997	1999	2001	1997-99	1999-01
Total	34	38	37	4	-1
<i>Sex</i>					
Males	36	40	40 **	4	NC
Females	32	36	34	4	-2
<i>Males</i>					
18 - 24	37 **	46 *	40	9	-6
25 - 34	40	49	40	9	-9
35 - 50	40	36	39	-4	3
51 - 64	32	36	47	4	11
65+	23	32	38	9	6
<i>Females</i>					
18 - 24	44 **	41	48 **	-3	7
25 - 34	35	36	38	1	2
35 - 50	32	36	29	4	-7
51 - 64	27	32	34	5	2
65+	22	34	26	12	-8
<i>Ethnicity</i>					
White	31 ***	36 *	36 *	5	NC
Hispanic	36	42	32	6	-10*
Black	48	49	48	1	-1
Asian/Pacific Islander		32	40		8
<i>Education</i>					
Less than high school	41 ***	51 ***	42 ***	10	-9
High school graduate	41	44	40	3	-4
Some college	35	38	42	3	4
College graduate	25	29	27	4	-2
<i>Income</i>					
Less than \$15,000	46 ***	44 ***	44 *	-2	NC
\$15,000 - 24,999	34	40	34	6	-6
\$25,000 - 34,999	28	41	34	13	-7
\$35,000 - 49,999	30	39	39	9	NC
\$50,000+	32	29	34	-3	5
<i>Physical Activity</i>					
Did not meet recommendations		39 **	42 ***		3
Met recommendations		29	30		1
<i>Overweight Status</i>					
Overweight/Obese		39	37		-2
Not overweight		36	36		NC

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test:

* p<.05

** p<.01

*** p<.001